

NUTRITION

IT'S ALL ABOUT YOU

Healthy diets don't always require a major overhaul. Make healthy choices that fit your lifestyle so you can do the things you want to do. Your chance for developing heart disease, diabetes or hypertension can drop dramatically by eating healthy foods. For most of us, just a handful of the foods that we consume do most of the damage. That means that a handful of changes can go a long way.

HEALTHFUL EATING SUGGESTIONS

1. Be Realistic

Make small changes over time in what you eat and the level of activity you do. After all, small steps work better than giant leaps.

- Slowly increase the whole grains, fruits and vegetables you use.
- Try to incorporate physical activity in daily routines. For example taking the stairs instead of the elevator or parking farther away from building entrances.

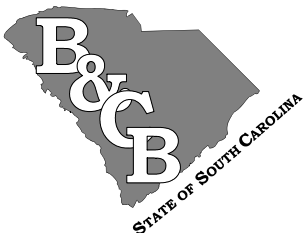
2. Be Adventurous

Expand your tastes to enjoy a variety of foods. Listed below are simple ideas to eat healthy:

- Switch from traditional snack foods to fruits or vegetables.
- Use lean meat only and use it less often than fish or chicken.
- Try adding beans and nuts for protein.
- Make all dairy choices low-fat or fat free.

3. Be Flexible

Go ahead and balance what you eat and the physical activity you do over several days. There's no need to worry about just one meal or one day.



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